



Healthier Meatless Pizza Baked Potato

This version removes the meat and swaps the alfredo for a **lighter creamy sauce**.

Ingredients

Potato

- 1 large russet potato
- 1 tsp olive oil
- pinch salt

Pizza toppings

- 3 tbsp marinara sauce
- ¼ cup shredded mozzarella
- 2 tbsp sautéed mushrooms
- 2 tbsp diced bell peppers
- 2 tbsp sliced olives (optional)
- 1 tbsp diced onions

Healthy creamy sauce (Alfredo substitute)

Mix together:

- 2 tbsp **Greek yogurt**
- 1 tbsp **blended cottage cheese OR ricotta**
- 1 tsp olive oil
- 1 tbsp grated parmesan
- pinch garlic powder

(much lower fat than alfredo but still creamy)

Topping

- 1 tbsp parmesan
 - pinch Italian seasoning
 - fresh basil if available
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Instructions

1. Bake potato the same way as above.
2. Slice and fluff the inside.
3. Spread **marinara sauce** inside.
4. Add **veggies** (mushrooms, peppers, onions).
5. Sprinkle mozzarella.
6. Add **small spoonfuls of the healthy creamy sauce**.
7. Bake or broil **3–5 minutes** until cheese melts.

Finish with parmesan and herbs.



Optional Disney-style upgrades

If you want it closer to the **theme park style**:

- Add **garlic butter** inside the potato first
 - Use **low-moisture mozzarella** for better stretch
 - Sprinkle **pizza seasoning or oregano** at the end
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✅ Protein-packed meatless trick:

Add **white beans or chickpeas** to the veggie version. It makes the potato filling without meat.